

Analisis kuantitas tidur, kualitas tidur, sleep hygiene dan durasi kerja, terhadap kelelahan kerja akut pada tenaga kerja turn around di Industri Petrokimia PT. X, Jawa Barat = Analysis of sleep quantity, sleep quality, sleep hygiene and working duration with acute working fatigue on turn around Project at PT X of Petrochemical Industry, West Java

Indradi Noor Akbar, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20492937&lokasi=lokal>

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Abstrak

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Industri petrokimia beroperasi sepanjang jam, durasi kerja tanpa henti selama operasi normal, terlebih pada kegiatan turn around, program pemeliharaan yang harus sesuai target dan tepat waktu. Pada pelaksanaan turn around jumlah jam kerja diperpanjang tidak seperti hari biasanya, hal ini dapat mengakibatkan personil terganggu dengan kuantitas tidur, kualitas tidur dan sleep hygiene individu, kondisi seperti ini mengakibatkan potensi kelelahan akut, mengurangi performance dan berpotensi meningkatnya jumlah kejadian kecelakaan kerja. Penelitian analitik dengan desain cross-sectional ini bertujuan mengetahui pola dan gambaran kuantitas tidur, kualitas tidur, durasi kerja pada tenaga kerja turn around terhadap potensi kelelahan kerja akut. Penelitian ini menggunakan beberapa alat pengumpulan data yaitu: kuesioner, tensimeter, thermogun dan alat actigraph fitbit. Analisis data menggunakan uji beda mean dan uji chi square. Hasil penelitian menunjukkan terdapat hubungan antara variable kuantitas tidur (p value = 0,001; OR = 0,115), kualitas tidur (p value = 0,030; OR = 8,143), dan durasi kerja (p value = 0,013; OR = 5,769) dengan variable potensi kelelahan kerja akut, penelitian ini terbukti dengan hasil pengukuran actigraph fitbit dengan rata-rata tidur 235 menit atau setara dengan 3 jam 55 menit serta durasi kerja yang lebih dari 12 jam setiap harinya selama kegiatan turn around.

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**ABSTRACT**

The petrochemical industry is a 24-hour a day industry, and thus at very high risk for having employees who feel fatigued and could potentially make mistakes as a result, especially in turnaround project, this systematic activities and able to complete maintenance program which is on-time and targeted. In the turn around project, the number of working hours is prolonged. It causes the employees experiencing problems in sleep quantity, quality and individual sleep hygiene. The condition produces an acute fatigue, less performance, and probably increases the number of accidents in the workplace. An analitic research using cross-sectional design has a purpose to find out the cycle and description of quantity and quality of sleep, working duration of turn around employees to the potential of acute working exhaustion. This research use some data collecting tools, namely: questionnaires, tension meter, thermogun and actigraph fitbit. The data analysis used mean different test and chi square test. The result of this

research showed that there was a relationship between sleep quantity variable (p value = 0.001; OR = 0.115) sleep quality (p value = 0,030; OR = 8,143) and working duration (p value = 0.013; OR = 5.769) with the variable of acute working fatigue tendency. This research, using actigraph fitbit measurement, proved that the average of sleep was 235 minutes or similar with 3 hours 55 minutes and the daily working duration was more than 12 hours during the turn around operation.